

The song is a variation on the classic “If You Are Happy, And You Know It.”

When you sing this, you can exaggerate your faces, and encourage the children to make the faces along with the body language. So often we focus emotion lessons only on faces, but children’s bodies tell us how they are feeling too.

If you are happy, and you know it clap your hands

If you are happy, and you know it clap your hands

If you are happy, and you know it, then your face will surely show it

If you are happy, and you know it clap your hands.

Now replace happy with different emotions:

Mad – cross your arms.

Frustrated – stomp your feet.

Excited – jump up and down.

Sad – make a frown

Scared – hide your face.

